

Shake-A-Pudding

Makes: 8 servings

Ingredients

- 2 cups** milk (skim or low-fat 1%)
- 1 carton** pudding mix (3 1/2 ounces, instant vanilla)
- 2 banana** (peeled, sliced or other sliced fruit)

Directions

1. Place 2 cups of milk in a quart jar with tight-fitting lid.
2. Add one small package of instant vanilla pudding mix to the jar; screw lid on jar.
3. Shake until mixture is smooth.
4. Place pieces of fruit in a serving bowl or paper cups.
5. Pour pudding over fruit and chill.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	100	
Total Fat	1 g	2%
Protein	2 g	
Carbohydrates	21 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	210 mg	9%